



**Fire  
offerments**  
Business still  
trying to make  
offer work.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Where to take  
this spring**  
There's a great  
natural area  
in this region.  
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Monday, April 11, 2016

CORVALLIS COLLEGE, ASTORIA, ORE.

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47th YEAR NO. 24

## CSI director let go

BY CHRIS HENNEY

Corvallis College is a student union may have some questions to answer after dismissing one of their directors.

Corvallis College (CC) the official students association for Corvallis students let go one of their board of directors during a meeting on March 17. Brian Clark was dismissed from his role on the board after serving almost ten years on the position.

CC's board of directors is made up of students who are elected by the student body in a general election held in the winter semester each year. Once elected, these directors make the decisions of the organization by voting on important decisions such as whether or not there are student fees to fund on campus. They are also expected to attend CC events and engage with students in an effort to better represent the student body as a whole. In contrast to the majority of these responsibilities, directors receive some perks including discounted gymnasium passes and printing at CC's service hub and an allowance of \$400 according to the CC Governance Manual.

These perks were lost upon Clark's last year, and Jeff Decker, the current CC president said they may not be the most up-to-date version as the perks are in constant review by the board. Clark, a second-year student in the community news and public program said he was dismissed after Decker contacted CC with questions about the election of the new president and then gave Clark the 2016-2017 school year director's salary. Clark said the election was conducted the way it was and in particular why there was no student union when selecting the president and VP.

Continued on page 2

## SWAN PARADE ATTRACTS THOUSANDS



PHOTO BY CHRIS HENNEY

Swans enter the Astoria-Megler State Park during the 24th annual Swan Parade in April 2. The event drew thousands who watched the birds as they swam from their winter pens and pushed along tracks toward the shore. For more and more photos, see Page 6.

## Tutor booking frustrates student

BY CHRIS HENNEY

When Ross Goldmeier booked a writing appointment over the phone with the Learning Commons last semester, she was happy with the experience.

"They're very nice on there and I had an excellent appointment," she said.

However, when she tried to book a math appointment with one of the tutors there through the department, she found it a lot more frustrating this time around.

"The problem stems from the fact that they're no longer accepting appointments over the phone (for tutoring)," she said. "The online system is not user-friendly."

It all started when Goldmeier, a second-year personal support worker in pre-law training, booked a student tutor to book an appointment through the Virtual Learning

Commons website. She found the booking process difficult, so she visited the Learning Commons the next day and a staff member worked with her to help her book two appointments before an opening came.

**44 The problem stems from the fact that they're no longer accepting appointments over the phone (for tutoring) ??**  
— Ross Goldmeier

However, when she came in for the visit she expected was the first of the two appointments, she was told that the staff member had made an error and booked the appointment on another day. Goldmeier

said that's where it got a little sticky for her.

"I was really upset," she said. "I wasted a whole hour of my time."

When she was finally able to meet with the tutor, she said it was "fantastic and really helpful." However, she said the online booking process needs to be changed and made easier.

Lara Isomura is a Peer Support consultant at the Learning Commons and while she was not able to comment specifically on Goldmeier's case, she said there is a broad range of conflict with technology within the student body at Corvallis and that other students may have had a better experience booking a tutor.

"We know that there may be students who may find it very difficult, but we also have a lot of students where

students say, 'Oh yeah, it's simple and straightforward and I know how to do it.'"

For students like Goldmeier who may not find it as easy as others, Isomura suggests the Learning Commons need students who also want to get hands-on assistance.

"The staff members at the front desk will get right on the computer with the students and help them book the appointment if it's difficult for them."

Goldmeier said at the end of the day she just wants to ease her concerns as that other students get the best experience at the Learning Commons.

"I just want to find someone, personal and more convenient in the long run than their lack of my feedback, and really make an effort to help students succeed and pass their courses."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is on your perfect pizza?



"Just cheese...  
no toppings."

Miley Jaworski,  
first year  
elementary education

"Pepperoni, bacon, cheese  
and just pepperoni."

Kyle Harrington,  
first year  
interior design/business  
management



"Ham, pineapple, bacon  
and cheese. The more  
cheese the better."

Katelyn Shreve,  
first year  
business management

"Pork sauce, just  
cheese, tomato, chicken  
and red onions."

Nathan Fleming,  
first year  
journalism and  
communications



"Pepperoni, extra cheese and  
black olives."

Kaitlyn Jefferson,  
second year  
communications

"Just pepperoni."

Garie Davis,  
first year  
politics and government



Steve Kornegay, you couldn't do that experiment

## FELONY CARTOONS



# Spoke story sparks internal CSI feud

## ■ CONESTOGA FROM PAGE 1

Two CSI board members who wished to remain anonymous approached Spoke and commented on the situation, saying they felt that some candidates received preferential treatment.

After CSI Spoke attempted to set up an in-person interview with Catherine Jones, the current CSI representative, who was elected previously for the next school year, however, for reasons unknown to Spoke, most questions to Jones were asked and Clark said this could have been handled within CSI to remain confidential. He said this was the speech that initially set off the events that led to his firing demand.

Clark said on March 10 the day the email was sent, Spencer attempted to call an emergency meeting. According to Clark, Spencer threatened board members by telling them to be at that meeting otherwise he would work their termination.

"He can't do that because he doesn't have that power," Clark said.

Eventually, the emergency meeting was held that morning and Clark said the end of was the first thing that was raised. In fact, Spencer kept the meeting by asking the people who approached Spoke anonymously to speak.

Clark said he reported that the board members who approached Spoke anonymously to the board. He said that they were part of an investigation into the situation. Clark and Shreve, who are CSI's assistant president and vice president, respectively, are in the meeting, around Spoke. Shreve, another one of CSI's directors of being one of the people who talked to Spoke. According to Clark, Spoke had approached Shreve previously with similar concerns as those that were addressed by the anonymous individuals who talked to Spoke.

The real issue was never spent by an election that didn't go their way, he said.

According to Clark, at the emergency meeting, Shreve stepped back out, saying he was one of the anonymous Spoke sources. He said he was accused of making CSI's own money policy, which he described as the "put up or shut up policy."

The official policy, according to the Conestoga Tribune, states that "board members will support the legitimacy and authority of the final determination of the Board on any in other respects of the members' personal position on the issue. The board will speak with one voice or not at all."

**"He can't do that because he doesn't have the power."**  
— Brian Clark

The meeting ended with no one submitting to talking to Spoke and no one resigning.

The following Thursday (March 17) at CSI's monthly board of directors meeting, Shreve made a motion requesting another emergency board meeting in order to discuss Clark. The motion passed and the emergency meeting was held after the regular meeting ended. According to Clark, at the emergency meeting, Shreve said that things came to light and around Clark and Garaged Shreve that another CSI board of directors of being the ones who talked to Spoke anonymously.

Spoke has not revealed the anonymous sources in any way, not any CSI board of

directors or executive members. After being accused Clark was asked questions in the meeting by some of the executive members who he felt that Clark said that although he never submitted to any meeting, another motion was made to discuss him.

He said instead of asking if anyone approved of the motion, which is normally how the CSI meetings are run, Shreve said if anyone approved the motion.

He said, "I don't want to be a part of this, so that everyone else could just go quietly without having to answer." Clark said.

He said that was a direct policy violation because in order to discuss a board member, there has to be a motion with three thirds of the board voting in favor of the motion.

Shreve said as an email to Spoke that Clark's demand from the board was on CSI's terms and that under conditions that and as a result, CSI could not comment on the matter.

He also said they could not comment on the policies and procedures of CSI's board of directors.

Clark said many of the issues with CSI's board of directors stem from a lack of respect and proper communication for the position.

"You have a bunch of people who are in their early 20s and two terms operating and in control of a multi-million dollar corporation. It's bad."

Clark said he hopes the people pay more attention to what CSI is doing and how it is run, because he said the largest mistake he has in the last of accountability and transparency within the organization.

"When it comes down to it, the policy makers that are given out are just kind of given out and there is no accountability as far as that goes," he said. "There has to be accountability instead every thing they do."

# Parkdale Plaza rebuilds after fire

Teen  
arsonist  
gets  
equivalent  
of nine  
months  
in jail

BY MICHAEL PETER

Darkened windows following smoke and fire from trucks and a Holloman off-hire-one common scenario.

In the early morning of Sept. 11, 2010, pedestrians, customers and store owners gathered on the parking lot of Midwestern Parkdale Plaza. They watched as smoke and flames destroyed three American businesses and in some cases their life's work.

The destruction was caused by smoke and fire caused by a 14-year-old.

The stores that make up Parkdale Plaza represent peace and peace of mind work on the part of individuals, merchants who have built up three businesses since the year 1998. It was all destroyed in a matter of hours according to a March 4 story in the Waterloo Region Record, damage was estimated at \$12 million.

Just a little over an month later, businesses like The Water Dept., Midwestern Jewellers and supposedly Holloman's were still finding the effects.

The Water Dept. had been open for only two weeks when the fire completely gutted its current location. The store is located two units down from the Holloman's and suffered extensive damage to a retail. Midwestern's Chief Watson is frustrated by the events that took place that day and as the days come and that despite the destruction there was no question that they would recover.

"There was a little bit of water damage due to the firefighters' efforts when they sprayed down the roof but it had substantial smoke damage. There was a layer of ash on a black shingle like shingles over everything. All of



On the September 11, 2010, photo, firefighters were in the act of Parkdale Plaza as structures that were left by a September 11, 2010, fire at the plaza have rebuilt and customers are returning.

my equipment was destroyed, it was perhaps not all the walls were torn out. In fact,

Despite all of the years the store has been in place since the year 2010. According to Watson, business has been slow most likely due to the forces located directly in front of the store which may be making our business into working it is still closed. The store is there as Holloman's and very much under construction.

As for the young man accused of starting the fire, Watson has his own opinion on what should happen to him.

"There had affected dozens of lives and caused millions of dollars in damage and the what?" said Watson. "I'd like to see him punished. I'd like to see him at a mental and how much to think about what he did and decide whether he wants to be a part of society."

Despite the Water Dept., Midwestern Jewellers had occupied the plaza for over 30 years. The family-owned and operated store had become a well-known name in the community. Regardless of having two locations in Waterloo, the decision not to return to the Parkdale Plaza was a hard one for the owners. The Holloman's and his family.

When the fire began to spread, this was in the store above. All of a sudden, he noticed smoke coming into the store and immediately began pulling up his own truck to keep them

safe. Not long after that, he was asked to leave the building by a police officer.

"It was incredibly hard to breathe and even more hard to see," he said. "I took customer's jobs and I put them in the safe but I didn't take any thing off my own that particular day. It was too hard to see and it was burning my eyes. When you start to feel like you're inside there's no time to look for personal possessions."

In fact, Tom said the parking lot got so hot and full so quickly that he couldn't even drive his own house that evening. When he came back to get it on the morning, his firefighters were still working to contain the flames.

According to Tom, smoke damaged the location even though a few weeks but the rest of the plaza in the store was under repair. Some of the businesses had work back that was in a state of work and several had more than one unit due to smoke damage.

"We decided it, financially wouldn't have made sense to go back there. In fact,

But not all that came out of the fire was a loss for the brothers. Jim and his wife decided to leave the other Midwestern Jewellers location. Tom and his wife decided that they weren't got ready to return and agreed to give their own home studio, which they are calling River Ridge Jewellers.

"We decided to open up the lot. The building had only started in December. We are going to try it for a while

and see how it goes. He said adding his business has become customers who have a personal relationship with will find out about his own store and come visit him. "In a relationship, my my brother is not of my competition now."

Tom believes the amount should be treated as a loss but would be unhappy if he didn't see some people and had some

"They're got to give him a great report and before they let him out of there, maybe it's for the safety of the public he had."

The fire at Holloman's was set in the store that contained gift wrapping materials. Waterloo resident, Rebecca Barclay and her father were inside the store when the fire broke out.

"First, I smelled smoke. Then my dad smelt it. I smelled rubber burning. We looked around and saw a flame up to the ceiling in the back corner of the store and quickly smoke started to fill up the store. Then we were outside the smoke because why that heavy and black the road."

The fire wasn't contained under control until 18 hours after the fire began began attempts to extinguish it.

John Dreyer, public relations officer for the Waterloo Region Fire Department, said one reason why the fire spread so rapidly toward the other adjoining businesses was partly due to the age of the structure itself.

"There's an incredible system that was required to be installed when it was built so

the fire spread through walls and once the flames got to the roof they can go across the roof structure. The biggest challenge is that with a lot of the other tenants was smoke migration," he said.

The now 15-year-old youth charged cannot be named under the Youth Criminal Justice Act. However, Dreyer ordered a psychiatric and psychological report to be done before the youth's April 11 sentencing. The accused was facing charges of arson, endangering human life and possession of an incendiary device.

After the April 11 court date, Watson said "The youth entered a plea of guilty in January of 2012 and he was sentenced on April 11 to the equivalent of nine months in jail as a young offender. Both the psychiatric report and psychological report were quite troubling but the principles of sentencing for young offenders, especially with no record, as this case requires the court to focus on rehabilitation and reintegration into the community and not on specific deterrence, general deterrence or denunciation as in adult cases."

Today, many of the fire and smoke damaged stores have reopened and are beginning to see their customers slowly returning. Robert Holloman had a slow start but in my opinion am hopeful that once enough things will be business as usual part like it was before the night of September 11, 2010.







PHOTO BY THE HILLS PHOTOGRAPHY

Stratford held its 234th annual swan parade on April 3. Swans are an important part of Stratford and have been since 1518. For more story, go to [www.cbc.ca/stratford](http://www.cbc.ca/stratford).

## Swan parade goes on despite the cold

BY STYAN KAPRY

Stratford welcomed spring 10 days ago during its annual Swans' Weekend, which took place on April 2 and 3. Every year its official theme is an event which includes street parades, art, message, radio, costumes and music and other activities. It's a parade which leads the swans a block from where they're kept for the winter to the Anne River, where they live until the next winter.

The procession, now led by the Stratford Police Pipes and Drums, followed by a city worker holding a river and the risk of the process which resulted along on foot. The procession went down Lansdowne Drive through a

crowd of thousands all who showed up despite large amounts of snow and intense, usually cold weather.

The flock slowly reached the banks of the Anne river, one by one, returned the chilly water, which still had thin layers of ice floating on it.

**“It's our first time (seeing the swans) but we wanted to come because it's a big thing.”**

— Janine Perry

There they rejoined the ducks and geese who had already returned.

The two-day event attracts people from many different places, not just Stratford.

“I'm from Stratford and Janine Perry, a worker at Stratford General Hospital. It's our first time seeing the swans, but we wanted to come because it's a big thing.”

Many newcomers did not realize how long the event would be and had trouble seeing.

“We came an hour early to get the perfect spot,” said Matt, Stratford weather reporter. “But then everyone wanted to see it and we were pushed to the back.”

The swans left their pens around 2 p.m. on Sunday and reached the water about 30 minutes later.



PHOTO BY STYAN KAPRY

The swans spread their wings after entering the water for the first time since last fall. This is where the swans can be found until they are brought back to the winter pens at the end of October.



PHOTO BY STYAN KAPRY

Swans walked down the street to the Anne River. Swans will use the sides of the road to and the bank released after a long winter.



PHOTO BY STYAN KAPRY

The Stratford Police Pipes and Drums leading the procession of swans to the river.



ILLUSTRATION BY JAMES HARRIS

**Flaked**, one of Netflix's newest series follows Chap, a man struggling with money and love.

## Flaked is flakey

*Flaked* is an online streamer show about two people working, livable down areas and wondering why their lives are so miserable. One of Netflix's newest series was produced in great content. *Flaked* feels like it's trying to buy time before the streaming platform's other two ads were entertaining shows about their new seasons.

The series stars Will Arnett, a wonderfully comic actor known for his roles in shows that Netflix has picked up over the last few years like *Arrested Development* and *Knives Out*. Arnett plays Chap, a man struggling with his financial situation and a pretty consistent, made-up story by the last episode he's around in any of the five episodes in the show. Chap may seem like something to say, but he's always saying something he shouldn't.

Supporting Chap are other interesting characters. Chap's best friend played by David Salazar, Mark, Chap's cousin, Bing and maybe a friend played by Lisa Renee and London Dimes, a character who's the most likeable character in the show played by Kate Ramsey.

It's a really unfortunate to hear that Arnett struggled and stopped with his own sobriety during the making of the show, but it's understandable when you take a look at the way of which reality television shows



By Joshua Van Oortveld  
Opinion

are. *Flaked* feels like a show that's trying to do what Netflix has done so well before, pretty much about real life situations — but where there's no other interesting, more than chaos or joy. *Flaked* characters are all in. Where *Black Thursday* was a different show where making bad decisions was at each the same way Chap did. However, tonight character to it in a way that seemed so much more real. The characters in *Flaked* don't seem to understand what they're doing as they're a bunch of people who's running around California in a hurry, in a hurry and completely about the consequences.

There may be hope in the future for *Flaked* as it seems to be interesting but the way it looks like and made a lot of work to bring it up to the quality of the other series. Normally it's difficult to see the mistakes of Netflix's super series but I must add my love to the movie *Flaked*. I'll just mark my calendar for more of the person's graduation shows like *Black Thursday* and *Orange Is the New Black*. I give *Flaked* one star out of five.

## THE GOOD, THE BAD AND THE UGLY AT KITCHENER COMIC CON



PHOTO BY JAMES HARRIS

Scott Sanders, more commonly known as Axl Gasknight Predator, shows off his costume during Kitchener Comic Con on April 1. He was one of many who dressed in their favorite characters for the event. Fans also enjoy the show's comic book series.

## ROOFING CENTRE HOME OF EXPO



PHOTO BY JAMES HARRIS

The Roofing Centre College students and staff at the Roofing Centre's 2011 annual Expo and Trade Show on March 28 at the Roofing Centre of Conestoga College's Waterloo campus. Fans also enjoy the show's comic book series.

## CONESTOGA COLLEGE SERVES UP LAMB

Wally LeBlanc is a student in the culinary arts program at Conestoga College. He's been a student at Conestoga College for a while now, and he's been a student at Conestoga College for a while now. He's been a student at Conestoga College for a while now, and he's been a student at Conestoga College for a while now.

PHOTO BY JAMES HARRIS







# Raising awareness on taboo condition

BY MARILYN LE HENNINGHOFF

April is Irritable Bowel Syndrome Month (IBS), an often taboo condition that affects the millions. Consider one of the most prevalent of the GI tract, rates of IBS are on the rise.

The Canadian Crohn's Health Foundation (CCHF) describes IBS as "a common chronic gastrointestinal disorder that involves problems with how the bowel moves contents through our intestines and sensitivity of how the brain interprets sensations in the bowel."

People affected by IBS are experiencing increased abdominal pain, irregular bowel patterns, that are often painful. Oftentimes symptoms are chronic and irregular and may last for months or years.

The symptoms people living with IBS experience may

have personally experienced but may include pain bloating, constipation, abdominal pain related to bowel movements, irregular bowel patterns, diarrhea or constipation, or discomfort between the two heartburn and nausea.

"People can become prisoners of their pain, home because they're not sure if they're going to be ok, or if they're going to have access to a bathroom," said Catherine Mulvihill, CCHF's executive director.

The exact cause of IBS is unknown, however it's believed that it may be linked to a gene mutation or a central nervous system dysfunction of the intestines. For example, Mulvihill said people can develop IBS after food poisoning. An imbalance of intestinal bacteria or a change in the body's levels of hormones may also lead

to the development of the disorder.

According to the CCHF, only about 45 per cent of IBS sufferers seek medical attention. People with irritable bowel syndrome usually digress self-treating through lifestyle changes and over-the-counter medications.

Mulvihill said there aren't a cure for IBS but medications are available that can help people manage their symptoms.

The CCHF recommends several strategies that can be used to reduce IBS symptoms including: improving diet by eating a high fibre low fat diet, keeping the diet of elimination, avoiding junk food, exercising, getting enough rest, keeping a diary to help identify specific triggering dietary and emotional factors and maintaining stress and tension.

Dr. Geraldine Wong, a naturopathic doctor at HealthSource Integrative Medical Centre and naturopath are there or less of her patients have some sort of digestive concern whether they've been diagnosed or not. Some of those patients have been diagnosed with IBS and are frustrated with traditional medicine.

"I think usually they're not looking for it, or open as they're looking for better relief of their symptoms," she said.

Wong said what they're seeking, their pattern of sleep and food consistency may play a big part of IBS and IBS symptoms.

She said a diet of elimination can also be useful because it can help to know if certain foods worsen symptoms. This means eliminating certain foods for a period of

time and thoroughly monitor during those weeks into your diet and more likely your symptoms for possible relief.

Wong said another thing she looks into is whether or not the person getting enough probiotics or if they have a history of antibiotics which could deplete the good bacteria in their body.

Wong's things such as people, knowledge and information can help ensure people get the necessary probiotics.

She said there has also found to be beneficial in the long run, but it needs to be approached carefully by someone at risk because it can increase some of the symptoms for some people.

"It needs to be recognized that it's a real digestive disorder with real symptoms and it can be debilitating," said Mulvihill.



PHOTO BY JACQUELLE SCHNEIDER

Another Day in This Life, an indie spiritual music band, performed at Cambridge City Hall on April 2 to help raise money and awareness for Women's Crisis Services of Windsor Region. The event was the first of a two-day Cambridge public relations students. The band played cover songs and songs of their own to express how important helping the campus life is.

## Public relations students hold silent auction and coffee house

BY KAYLA BOWEN

Helping out in the community is always rewarding, especially when it comes to donating a night toward raising awareness of a charity or valuable service.

On April 2, a group of Cambridge public relations students performed at Cambridge City Hall to host a coffee house and silent auction to raise money for Women's Crisis Services of Windsor Region. A scheduled by a group of local spiritual music band performed at the event and played their own music and cover songs.

"Women's Crisis Services wants to provide more for the community," said Tina Hains,

a second-year public relations bridge student. "Our coffee house and silent auction are a way to raise awareness and donate to their charity."

Women's Crisis Services is a not-for-profit charitable organization. The service helps women and children work toward getting over abusive hardships by providing shelter, education and outreach services.

Jessica McCormick, a second-year public relations student, said "The hardest part about making this event was getting people to come. You really have to work your own connections. It's not like relations are always here [on campus], we always have [contact network] network. No matter what event you

hold, you're going to need networking to help you. For an fundraising, and physically getting people to show up to this event was the hardest, but we still managed to raise money."

The silent auction consisted of art pieces and a raffle draw at the end of the night. The proceeds included paintings, posters, cupages and photography classes, by public relations students to mark the theme of the event, which was raising awareness about how much help women and families need in the community.

For more information about Women's Crisis Services visit their website or call 519-453-4233.

## Healthy choices start with you

BY MARILYN LE HENNINGHOFF

The young annual Healthy Choices Wellness Show is Cambridge is back this year on April 23 and 24.

The show features about 60 vendors including Hybrid Hair and Diner Salon, Vascular Plastic Challenge and Physiotherapy and Health Cambridge.

Lee Pyke is the founder of the Healthy Choices Wellness Show and his company, I Am I Over the Mountains Centre is one of the sponsors. Last year the event would have had Pyke decided to bring it back this year.

Some vendors will have things to buy and samples such as protein shakes, weight loss pills and many physiotherapy options, she said.

"There is something there for everybody. You can get information to get healthy and stay healthy," Pyke said.

There will be 10-minute testing times for people. There will also have a calligraphic table from. Himeyoshi's cafe, hair salon, nail salon and a lot more. They'll have the usual body and soul, and Hybrid Hair and Diner Salon will feature their: green, hydroponic products.

An author of a children's book will be there to bring

the children about nutrition.

"People should come to have fun because that is such an important part of our life to be healthy," Pyke said. "We don't make enough time for fun and exercise."

Pyke said on the Friday night, they will have a dance mix class for one hour and on Saturday they will have hair braiding, pole dancing and games to try out. There are also live music performances that people can join in and have fun.

"I think anything that brings attention to well-being and taking care of ourselves should be celebrated," said Devin Harvey, the owner also owner of health and fitness promotion at Cambridge College.

Anything that will improve those good intentions to actively take action is important.

The Healthy Choices Wellness Show will be held at the Cambridge Holiday Inn from 9 to 10 p.m. on Friday and 10 a.m. to 2 p.m. on Saturday.

Tickets are \$8 for the day or \$19 for both days. All ticket sales are being donated to the Disease I Am A Girl campaign.

For more information go to [www.healthy-choices.ca](http://www.healthy-choices.ca)

# **HOROSCOPE** Week of April 11, 2006



**Aries**  
March 11 -  
April 19

Who are you without all the baggage? It doesn't really matter, because this week will convince you that your suitcase is the key to every thing.



**Taurus**  
April 20 -  
May 20

This is quite a week for everything you carry up and hold in to behind the scenes, with no compromise! You are now on the road to radical change.



**Gemini**  
May 21 -  
June 21

A life-changing pattern this week will permanently alter the shape of your social life, friendships, group memberships, and social work. Embrace the new world.



**Cancer**  
June 22 -  
July 22

Remember you have to make up your mind as you go along. Also, the real the work and the wonderful is about to be introduced in your world this week.



**Leo**  
July 23 -  
August 22

The time has come to expand your horizons and to reach for what is truly represents a whole new world of potential for you. The one thing is it should set you free.



**Virgo**  
August 23 -  
September 22

You may not have shared how motivated you actually are. You will certainly have nothing short of a revolution by the weekend.



**Libra**  
September 23 -  
October 22

Push your old ideas about love in the door. This also applies to professional past mistakes. It is time to put the past behind you and be open to new possibilities.



**Scorpio**  
October 23 -  
November 21

A different way of working and living is on offer this week and by the end of April your identity will have changed beyond recognition. Embrace whatever comes.



**Sagittarius**  
November 22 -  
December 21

This week it's important to talk about space, the final frontier. If you offer space especially where children or loved ones come, you also come to it as adults.



**Capricorn**  
December 22 -  
January 19

There comes a time when you have to stop hanging on or clinging on and just let the landscape unfold around you. This applies to all aspects of your life.



**Aquarius**  
January 20 -  
February 18

This week will permanently change the way you see your "new" world as well as your way to Twitter. It's a good time to think about freedom of speech.



**Pisces**  
February 19 -  
March 20

There is a way to an old life, but from 2011, which is embracing you. The next seven days will prove and, by closing the way you can turn on our destiny.



**Useless Facts**

The king of hearts is the only king without a mustache.

The average man needs 2 1/2 stars every day.

Almost 68 per cent of men wear socks.

The sound of a T walking was made by cartoonists replacing her hands in July.

Super Mario Bros. character Mario was originally named Jumpman, but it was changed to Mario to honour the Nintendo of America producer Mario Segale.

## **Sudoku Puzzle**

			1	5				
9	3					1	7	4
8	1			3	4			6
	2					5	4	1
	7		6		1			
5	8		4	2		7		
1				9	6			
	5		2			4	3	9
7		3		4			1	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## **Word Search**

Summer															SUMMER
G	H	F	A	H	W	P	I	C	N	I	C	R	M	O	HOT
N	M	A	E	R	G	E	G	I	S	F	E	X	X	J	SWEAT
I	W	P	O	T	G	F	S	D	Y	L	H	Z	N	F	POOL
P	E	L	N	I	D	I	L	L	A	G	R	O	T	W	SWIMMING
M	S	O	B	U	T	G	A	X	F	S	V	E	A	A	SPRINKLER
A	G	K	G	S	I	A	I	S	E	S	A	N	E	T	ICE CREAM
C	O	C	M	H	N	B	M	T	P	C	I	W	E	D	SUNSHINE
V	D	I	O	I	K	E	R	A	H	S	E	R	E		BBQ
J	T	X	L	W	N	G	K	P	A	I	T	S	F	M	FRIGIDS
M	O	H	O	S	I	Z	I	O	S	M	I	N	S	E	WATERMELON
P	H	O	I	W	M	Y	N	P	S	K	O	S	U	L	PICNIC
U	S	I	V	K	M	M	S	S	H	L	N	S	M	O	HOTDOGS
Z	B	K	H	J	I	E	K	I	C	E	P	K	M	N	POPCORNE
B	W	D	A	E	W	N	G	Z	R	O	D	E	P	O	SHRIMP
Z	U	V	D	S	Y	G	L	U	D	O	Z	H	T	H	VACATION
P	F	R	I	E	N	D	S	E	T	H	L	J	A	M	OUTSIDE
															CAMPING
															RELAXING
															GRILLING
															HIKING



Epitaph Magazine publishes an Internet-based mental compendium on a regular basis. We also enjoy young adult novels and literature.

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Multimedia journalist for  
Oxide



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# Enjoy the outdoors this spring

BY JESSICA MURRAY

In a region renowned by commercial and recreational conservationists there is some relief — natural areas preserved for our enjoyment.

"Sometimes I need some place to go somewhere the responsibilities at home and school and things like going to third grade kindergarten program and back to my apartment student 'City life gets overwhelming."

Located in southern Kitchener is the Huron National Area. Kitchener's largest and "most accessible" natural area. The protected space features the Huron National Area's natural area, including trails, wetlands, fishing trails, and more of various kinds.

"That's the reality of living in an urban setting — the natural world is right beside the developed world. Huron National Area is a wonderful place to go, in an interview with the Waterloo Region Board in 2011.

In the beginning of the spring, Ontario flower the white trillium can be found, symbolizing the start of the spring season, the first of the island area.

"We and my boyfriend are always looking for new places to hike and only the best is a beautiful postcard scene. But we always come back here. It's our favorite spot."

Both the Waterloo Region Catholic District School Board and the Waterloo Region District School Board work together to maintain the area along with others.

Another natural area perfect for hiking is Brimley Woods in close proximity to Huron National Area. Though there are Kitchener's Waterloo's only official natural area, there are several walking trails around the region that can be enjoyed as well, such as the Lake Huron Trail at downtown Kitchener and the Waterloo Grand River Trail which runs throughout both Kitchener and Waterloo.

"In the spring, and summer, I always see them and usually in the pond, and I always go to the Huron National Area Board of Education Park."

There's a lot of wildlife too, all kinds of birds, snakes, lizards, it's really early in the morning. It's beautiful. I've just seen a lot of birds like that here in the city.



PHOTO BY PAUL BOWMAN

Get out and hike or canoe this spring. Above: Red Country, owner of Canoeing the Grand, stands in his long boat at the start of the 2019 canoeing season. The company provides canoe and kayak rentals and shuttle people from the river to the Grand Canal bridge. For a day about spring and the start of canoeing season, go to [www.redcountry.ca](http://www.redcountry.ca).

## NATIONAL VOLUNTEER APPRECIATION WEEK



### Student Life would like to thank you!

Thank you to all of our volunteers for being the difference, sharing our community and getting involved! Your support this year is truly appreciated. Volunteer positions include:

- Orientation Leaders
- Student Life Leaders
- International Welcome Day Committee
- English Conversation Partners
- CCR Student Advisory Committee

[studentlife@concordia.ca](mailto:studentlife@concordia.ca)

[/concordia.ca/student-life/](https://concordia.ca/student-life/)

## JUDGE'S CHOICE AT PHOTO CONTEST



PHOTO BY JESSICA MURRAY

PHOTOGRAPHY CONTEST: Student Victoria (left) won the photo contest in the Concordia College District's local photo contest. Winner was the judge's choice to win the award.